

Denver Federal Center  
Wellness Center, Bldg. 75  
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# Wellness Center Newsletter

## \*Wellness Center Extended Hours:

Monday-Friday

4:30am-10:00pm

Saturday-Sunday

6:00am-6:00pm

\*New Smith Machine

\*New DVD/VHS Player

\*Bicycles to Ride

\*New Jump Ropes

\*Refurbished Treadmill

\*New Fit Balls

\*New Heavy Bag Stand

By: Kiel Hovland

April - June 2006

## Wellness Center News

Our New Year is underway, spring is in the air, and our wellness center membership is continuing to grow with the new season.

With 32 new wellness center members last quarter, we have accepted the challenge of maintaining a well balanced fitness facility to accommodate our growing membership.

To keep up with these demands we have added a new Smith Machine in our weight room, new jump ropes, a refurbished treadmill, new fit balls, new heavy bag stand and a new DVD/VHS player in our aerobics studio.

There are also now bicycles available in the shed outside for members to use. Just remember to



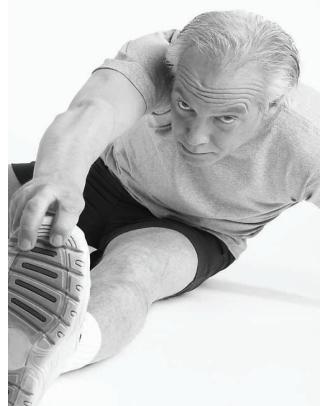
sign out a bike each time you use it so we can keep track of our bikes.

As many of you know we have extended our hours. Our new hours are Monday through Friday, 4:30am to 10:00pm; Saturday and Sunday, 6:00am to 6:00pm. Our extended hours will accommodate more of your fitness needs.

We are also working on developing a wellness committee so that your needs as a wellness member can better addressed. If you are interested in participating as a wellness committee member please notify me at the front desk or leave a message in the suggestion box. Your input on a new locker policy will also be appreciated.

Finally, it is important for all of you to know that the month of April is a great time to sign up for a 6 month membership! The low cost of \$90 will take you to the end of the fiscal year. At that time you can save even more of your hard earned money and get a full year membership for the great low price of \$144. Checks and cash only. Unfortunately we can no longer accept credit cards.

## The Importance of Stretching



Did you know that stretching before and after your workout can actually help you get more out of your exercise routine?

Stretching before you exercise increases flexibility in your muscles and during your workout your muscles go through the range of motion with more ease.

Think of it as oiling your muscles.

But getting your arms, legs and everything in between to move freely is not the only benefit. Warming up also increases circulation, helps prevent injury and may reduce cardiovascular strain. Plus, stretching after your work out may reduce the soreness you are likely to feel the next day.

But make sure you stretch your

muscles correctly. Avoid ballistic stretching (bouncing) because bouncing does not lengthen your muscle and you can injure your muscle by bouncing, especially if your muscle is tight. The point of stretching is to perform gradual static movements that slowly lengthen the muscle.

Now on to exercise...

Source: [www.mtnconnection.com](http://www.mtnconnection.com)

## An Unconventional Look at the Magazines We Read

Part of my everyday routine is straightening out and organizing the magazines that are donated to our wellness center. I separate the business magazines, golf, running, and so on... But when I come across some magazines, I've often asked myself-why do the models look so perfect? I have dedicated my life to fitness...it's my livelihood. And when I look at myself in the mirror, I don't look like that perfectly sculpted body in that men's magazine.

But after grounding myself, I have to remember how hard fitness magazines work to make their models look perfect. First, the models in these magazines dedicate their lives to taking pictures of their bodies for a living. Fitness models spend endless hours each day in the gym, something that is just not feasible for most people, not to mention the illegal drugs that are pumped into some of their bodies... Furthermore, the models are unnaturally tanned, professionally photographed, and

finally the photos are manipulated to phase out any suspected cellulite (blemish?) on their bodies.

I must also advise you about the attractive advertising for supplements. Again, the models you see on these advertisements for supplements were on strict diet and exercises programs for years and it was not the supplement they are advertising that changed their bodies.

I've learned the nitrous oxides, creatines, xenadrines, HGH



(human growth hormone) and many other popular supplements we see in magazines are not approved by the Food and Drug Administration. We also do not know the long term side effects of many of these supplements and there could be some serious health risks associated with supplements as well.

The American College of Sports Medicine (ACSM) says you can

achieve your fitness goals by balancing a healthy diet and exercise in your life. The (ACSM) further says that we can get all of our necessary nutrients by eating a well balanced diet.

Granted, there is a lot of great information and fun, new fitness exercises in the magazines we read, but remember to separate unrealistic images we see in magazines from the reality of what a

healthy person really looks like.

Those people that feel they really need help losing weight or achieving an extensive fitness goal should talk to a fitness expert and your doctor.

I am just giving you some credible facts and an alternative look at the images we see in magazines. And realize that you can achieve your fitness goals without supplements.

**"Remember to separate unrealistic images in magazines from the reality of what a healthy person really looks like."**

## 3 Basic Elements to a Workout Program

While designing a fitness program there are three important tenets to include in your workout: Specificity , Progression and Overload.

**Specificity:** Everyone has a desired outcome for working out: to lose weight, run a 5K, ski more efficiently or just functioning better in everyday life. The training program needs to be designed in a

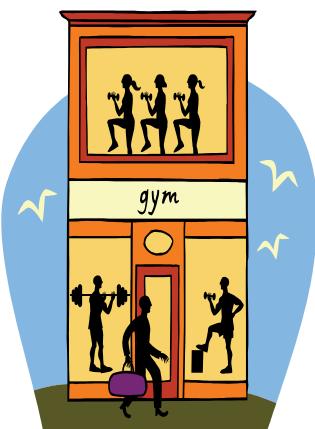
specific way to achieve a specific result.

**Progression:** We have all heard the phrase "you have to walk before you can run." This is an example of progression. If someone wants to get stronger and has not been working out they start with lighter weight and progress to heavier weight. The key to progression is to advance a pro-

gram gradually based on the persons training status.

**Overload:** For your strength and endurance to improve, demands placed on the muscle must be increased over time and the resistance must be of a magnitude significant enough to produce development.

Remember, Specify, Progression, and Overload...



## Inside Story Headline



Caption describing picture or graphic.

## Inside Story Headline

*“To catch the reader's attention, place an interesting sentence or quote from the story here.”*

## Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thou-

sands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



Caption describing picture or graphic.

Your business tag line here.

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This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

**It would also be useful to include a contact name for readers who want more information about the organization.**

By: Kiel Hovland

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

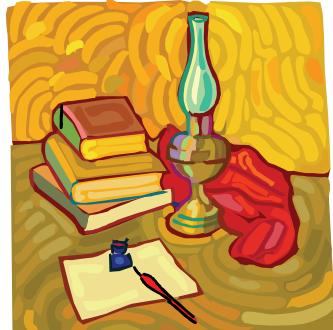
Phone: 555-555-5555

Fax: 555-555-5555

Email: xyz@microsoft.com

**We're on the Web!**

**example.microsoft.c  
om**



**Caption describing picture or graphic.**

## Back Page Story Headline

This story can fit 175-225 words. If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance. A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your

organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good

place to insert a clip art image or some other graphic.